



**CITY NEWS:**  
Football takes the stage in Regina's arts scene this week **P.10**

**SPACES:**  
Ultimate Rider fans' garage transformed into game day headquarters **P.14**

**CITY FACES:**  
Dave Pettigrew, the man behind the Grey Cup party **P.29**

# PLAYING FOR THE TEAM

**MEET JUNE TRUEMAN:  
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PEP-SONG-PLAYING,  
KILT-LIFTING, SAXY GRANNY P.4**



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# INDEX

## # ON THE COVER P. 4



June Trueman, who is standing next to her Grey Cup this weekend as a member of the Saskatchewan Squash Federation, is also an avid volunteer with the Corps. **QC PHOTO BY BRYAN SCHLOSSER**

## # TABLE OF CONTENTS

### COVER — 4

Meet June Trueman. Just your average globe-trotting, peace-loving, left-lifting, cozy granny.

### CITY NEWS — 10

Art has a piece during Grey Cup week.

### FASHION — 12

Golden Boy: Bombers fan inspired by Rider Nation.

### PARENT TO PARENT — 13

Did you (or will you) put your kids in sports?

### SPACES — 14

Rider super fans turn package into game day headquarters.

### IN THE CITY — 25

Photographer Michael Salt's best shot of the week.

### CROSSWORD-SUDOKU — 27

### INVENTORY — 38

CPFL memorabilia at Sports World Collectibles.

### CITY PAGES — 29

Dave Pettigrew: The man behind the 101st Grey Cup Festival.

### ON THE SCENE — 30

Readers share their best CFL fan photos.

### OUTSIDE THE LINES — 32

Artist Stephanie Murray's weekly colouring creation.

### EVENTS — 33

### GARDENING — 34

How to grow your own melon head.

### READ MY BOOK — 35

Red Nazarene and Sheldon Green's *The Rider's Book of Lists*.

### ASK ELLIE — 36

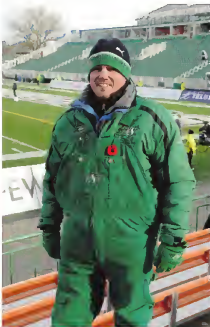
### WINE WORLD — 37

Hot, spiced wine to keep you toasty in the stands.

### SHARP EYES — 38

Delicious appetizers for your own Grey Cup party.

## # MY FAVOURITE PLACE P. 26



When Simon Pavin comes to Regina, he wears a green jacket. There's no doubt he'd rather be than at Moose Junction. **QC PHOTO BY MICHAEL BELL**

## QC COVER PHOTO BY BRYAN SCHLOSSER

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# ON THE COVER

"There's no age barrier to music!"  
— June Trueman

# SASKATCHEWAN ROUGHRIDER PEP BAND

## June Trueman is ready for her 21st Grey Cup



June Trueman, a member of the Saskatchewan Roughrider Pep Band, is celebrating her 21st consecutive Grey Cup with the group, which will be held in Regina this year. GC PHOTO BY JAMES ALEXANDER

By Ashley Martin

### KICK-OFF

June Trueman lights up as she recalls that night six years ago in Toronto after the Saskatchewan Roughriders won the Grey Cup.

As the score drummers cut their instruments loose from the rooftops where they were taped for support, Trueman, also microphone around her neck, and her fellow Rider Pep Band

members rejoiced the crowd with the jaunty tones of the Green and White On Roughriders on Roughriders. Please right through that line March the ball on down the field. A marvellous every one!

When they began their march out of Rogers Centre, they gathered a following.

"They didn't have a parade permit — that was just a 'hurdle,'" says Trueman, air quoting the word with her hands. The crowd grew as it followed

the band.

"By the time we got to our hotel, I think we had about 2,000 people following us. That was so fun," says Trueman, who at age 83, is the eldest member of the pep band.

Along the way they'd walk into a bar, play through and walk out again.

At one bar they heard "You can't play in here." Instead, everyone went outside to hear the pep band.

The fact that the CN Tower was lit

up in green stands out most in her memory.

That same trip she met one of her many friends from Grey Cups past — Bert Dylaster, a Rider Bombers fan and co-owner of All-Star Tones in Winnipeg.

The two were walking down the same street and got pulled in by a TV camera, so fans of the league's two finalists. They shared a kiss and made out on the scene.

Trueman's memories from the

past 20 Grey Cups run full a book.

Actually they fill 30 books. Trueman is the unofficial record keeper of the Saskatchewan Roughrider Pep Band, of which she's been a member since its inception in 1969.

Intermingled with typewritten captions describing dates, places and people, and articles and photos clipped from the Leader-Post are photographs of band members — scribbled in behind the plastic flaps of old-fashioned photo albums.

## Little did I know... that that beat-up old saxophone was going to take me to every major city in Canada — Trueman

Trueman isn't as spry as she once was — outpace her in her back yard, but from marching with the band anyway — but she can stand for a while and can play sitting down. Her lungs aren't a problem. She plays in Section 10 every home game, a spritely place along for those drummers but guitarists and bawling up in lyrics, and she's her pep band jacket for the old ones.

She's one of only two pep band members who have travelled with the team to attend every Grey Cup across the nation. Rhonda Kier-Walker is the other. This year is their 21st.

The band has a different Grey Cup experience than most fans though — or even most volunteers who are required to serve a minimum of 10 hours.

"We put in more like 180 hours or more," says Trueman.

In 2005, when Regina last hosted Grey Cup, the pep band posted 17 official performances. In Toronto in 2007 it was 10. These numbers don't include the group's sets they play every chance they get.

Whether it's advertising fans wanting to see to get into a house or a 6 a.m. wake-up call to appear on CTV's Canada A.M., they relish the opportunity to play.

"We don't go to Grey Cup to sleep," she says laughing — a word about June, she laughs a lot. "Mind you when you get back it could take you 10 days to recuperate."

It's so nice to be treated like celebrities," she adds. "All the scenes... when we come in, everybody starts yelling and cheering." Though the Riders is no longer the only pep band in the CFL, the Riders' Angels have been around since 1985. The band is still featured across the league. It was once called the official band of the CFL by the league's commissioners, for obvious reasons.

"They celebrate not just Saskatchewan but every other city, which is great," says Kier-Walker.

"Without them I think (Grey Cup) wouldn't be the same. It's nice when they come from Saskatchewan and do their songs about Winnipeg and about every other team."

Continued on Page 6



The pep band turns up the crowd at BMO Stadium during every Saskatchewan home game. — Jeff Hertz

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Everywhere we go ... (there's) three or four people coming. 'Where's June? Where's June?' Because they recognize her. She's just a sweetheart. — Rhonda Kerr-White

When Howe joined, then quit, the Lanes Band, it was Trueman's introduction to music.

"I missed all the excitement (the band going here, there and every where.) Her solution was to join the Lanes Band."

## SECOND QUARTER

In 1985 director Bob Mauring had the seed of an idea to start a pep band like the ones he'd seen at American football stadiums. Trueman was all for it.

It started with 37 members, and has grown to 46-plus, with members like Dustin Giesel, the youngest at age 24, and Trueman, the oldest.

"There's no age barrier to music."

During the band's recent attendance a nurse is person for the first time in her life at age 64, and her first Grey Cup (Oct. 16) in Calgary is a matchup between the Edmonton Eskimos and Winnipeg Blue Bombers.

The Saskatchewan Roughriders' Pep Band is a staple for many times at the CFL's biggest celebration. Be cause even though they wear green and white, they celebrate the entire league and its players.

This year the band has taken to learning the fight songs of Rider players' alma maters — Western Brackley's University of North Dakota and Davidson (North Carolina) University of North Carolina among them. They know the songs of every team in the league, from their alma to the Alouettes' Fight On. For the team's latest Atlantic Sevens they've learned Newfoundland's Seaside 1's the 'B's.

"With us when we started, if they didn't have a song, we made one up," says Trueman. "Mind you, it wasn't always complimentary."

## THIRD QUARTER

Her Grey Cup this year they've got a few new ones to learn — the 1989 theme and Proud the World Green among them. Trueman had the sheet music set up in her kitchen on a small stand across from a rack of green shirts and jackets emblazoned with an 'S'.

She was working on memorizing the songs, though. "This computer at

this age isn't all that great," she says, pointing at her hand.

Actually her hand is as strong as ever, but her body just told her back this year.

"(I hope) it can manage to get through it," she says, ever laughing. She needs a pushkin to get through the games now, that never used to be the case.

She no longer stands at the front of the band because by the time she gets there, everyone else is ready to play so she takes her spot at the back of the group. If their gig requires standing too long, she'll take a chair, but it's not her preference.

A past member once told her, "June, even if I have to push you in a wheelchair, you're still going to be with us in the end." But Trueman doesn't want that.

She prefers to sneak away if she needs to sit.

"I don't like the attention drawn. I don't want to be that old."

But she gets attention if seated, wearing Kerr-White's reds in 2011 in Vancouver; they found Trueman a chair next to an information booth, then marched away to play.

"We come back, what's got the people around? It wasn't the information booth," she says.

Trueman's ever positive attitude makes her a people magnet. She gets a little daffy with the suit, too.

Eyes though a camera has been averted. High five gestures her 842nd Grannie. "Everybody knows I'm so old, I'm no danger to any of the 'yums,'" she says, laughing again. "But I just have so much I'm really lay on the day sometimes."

"The band is really far quite a while. And I wouldn't have it any other way when I hear the staves that go around. I have too much fun this way. I don't have any business to sit at the door. Where the hell have you been all this time?"

"We've got so many boyfriends. I'm one of her boyfriends did she tell you that?" says (sister-in-law) chuckling. "I think she called me one of her 'yums'."

In Calgary in 2006, Trueman gave a no-so-traditional hello to another friend, Jason, one of the band's sewing. His J says from Hamilton. (Continued on page 8)



June Trueman poses at her home in Regina with a collage by local artist Hugh Fry. (C. PHOTO BY BRUCE SCHULTZ)

We don't go to Grey Cup to sleep. Mand you when you get back it might take you 10 days to recuperate.  
— Trueman



The Mouthpiece Pop Band's Jane Trueman has been to every Grey Cup since 1997. GILBERT/STAN HARRIS

"It's involving her family with her, forgetting that there's other musicians, my hands don't have to be hung I just stopped forward and lifted her left," says Trueman. Her answer to the obvious question? "Here he had some white shorts with a bag made just on them."

That incident will go down in infamy for her last year's Winnipeg paper earned his composure. "We watch out for Jane, she's the left finger," she recalls. "I'll never live that down. But it's true."

Of course, Janet forgave her the indiscretions. He still brings a gift for her each Grey Cup.

"She's got an amazing memory," says Reynolds. "Very nice lady and I don't know how she does it but she still gets around."

When she retired in 1989 from her 30-year job as a cashier at the Sears Bergamot Centre, Trueman had more time for all her hobbies.

Aside from band (she's also a member of the Prairie Winds Concert Band), she plays cribbage, enjoys the slots at Casino Regina and visiting with her many friends.

She's an oral tradition: working longer in fundraise for the Bethany Lions and CNR. She's a top seller of the Haler Pop Band's Grey Cup pool tickets — it's not cheap to send 40,000 people to Grey Cup every year; the band's bid got it around \$10,000. She also sponsors teenage dogs for the Lions. At 50-60 years, she's special award seven or less; she's one of her favourite charities.

Her work with the Lions earned her a trophy this year for Lion of the Year.

Trueman is another great lion. She's been to far-flung places like Australia, New Zealand, Fiji, Borneo, Sweden and Italy in home she found a future when passed to the Seattle Chapel.

She'll never forget hearing the birds in the Amazon rainforest at the Port (in Canada), a trip she recommends to anyone.

"It's educational to travel," says Trueman.

The Jones road trips, too, to visit Deane, who lives in Ohio. She last went in 2011 driving her new Chevy right off the lot.

"It takes me four days to get there.

But I have to drive."

Trueman can either travel back at her. A Rhine River Cruise and the Benson Christmas light tour. She's not sure she'll ever experience the latter, though — it's during Grey Cup.

"I don't think I'm ever going to get there as late I'm going to be too old and too decrepit to ever think of going on a tour. But that's still on the bucket list. Who knows, hey?"

## FOURTH QUARTER

Trueman is a collector. She's got well display full of pins and has now been to many of the countries whose stamps she's collected over the years. It's a little anecdote for her: growing up in Melville, she never got a stamp.

"We didn't even have a car. We maybe got to the lake on the back of a truck if you had 20 cents to every go to the beach for a Sunday."

"I guess that's where I got my hat for swimming."

Buying a second-hand saxophone from her daughter's friend in 1970 was tribute to her love of music.

"Little did I know — that that best-of-old saxophone was going to take me to every major city in Canada."

After separating from her husband, Trueman bought a house in 1975 for \$10,000. She painted it mint green, the colour compliments the Rhine. Hale police in the front window.

At she's physically slowing down with age, people have suggested she move into a condo. She detests the idea.

"Can you see me when I have to remember the name of the band I'm playing the saxophone at midnight?" I don't think so."

But she knows her life will change eventually. She can't search anyone and housework takes twice as long.

"I can see the end coming. That's my problem," says Trueman. "The day I have to give up my head, the day I think my life is over."

But they (both) she'll be involved forever.

"There's there 'til she can't do it any more," says Kirk-White. Pop band wouldn't be the same without her.

"If you asked anybody who is the standard, I would be tempted to say the fact they're going to my June."

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## CITY NEWS

## # GREY CUP ART PROJECTS

## Local artists get sporty for Grey Cup



Tucked: A Football Play stars (back row) Gaila Hestley, Brenda Milgate-Gault, Gord Hughes (back row) Tiffney McLaughlin, Don Morin and Dawn Allen. Suchache: QC THEATRE/DAN HEALY

By Ashley Martin

Sports and the stage largely exist as separate realities. Sports are played on a field or in an arena, enjoyed by people who like to cheer. Theatre is set on a stage, enjoyed by people who like to be entertained. But in experience, these two worlds are one.

These stereotypes are one. Calista Station is trying to break it.

The former Saskatoon actress will be performing her one-woman show, *Redshirt: Starring Grey Cup*. Her first show is tonight.

She recognizes sports and arts do not usually go hand in hand. Until she wrote this show. Station had never acted in a sports-themed play before, but it was an easy connection for her to make.

The 2009 Grey Cup game inspired the two acts for the real *Redshirt*. "By being at the game, I recognized why we're all there. Why we're all there is to be taken somewhere emotionally... Well, that's why we go to the theatre," said Station, who quit her job with the Canadian Parole Commission to pursue acting.

## THEATRE

## Redshirt

Nov. 20, 21 and 23, 7 p.m.  
Nov. 22 and 23 at 2 p.m.  
The Artscape, 2637 13th Ave.

## Tucked: A Football Play

Nov. 21-23, Applause Theatre, 1975 Broad St.

That game also convinced her not to write about being a *Redshirt*. "Redshirt Station has helped her through hard times and hard work."

It's given her a lift when she's been down. "Through *Redshirt*, she wanted to connect with fellow fans."

"Every time I looked at those stands, I just felt like I was home," said Station, who lives in Ottawa and is attending her 10th Grey Cup this weekend.

Brooks Milgate-Davis's process was a little different in writing her musical *Tucked: A Football Play*. She wanted to celebrate Grey Cup's return to Regina.

"I made a conscious effort for art to meet football," said Milgate-Davis.

He also directs and acts in the play.

*Tucked* combines sports and theatre on a different level. The head coach of the Saskatoon Roughriders must direct a play in order to receive an inheritance from his friend's will.

The story reflects Regina and its history. The newspaper critic named Murray Vancase (in those names ring any bells *Leader-Post* readers?), the millionaire is Ben Reed and the head coach is Eagle Austin.

Continued on Page 11

# CITY NEWS



Heather Glue poses next to some of her 'Outside' themed paintings, part of the exhibit Inside/Outside Run, on display in their display.

Heather Glue's apartment idea was also inspired with the vibrant of the home Grey Cup.

Glue usually plays cards in advance for her exhibitions, but she thought of Inside/Outside Run on a white hot summer.

A longtime football fan — she grew up in a Saskatoon household where the Roughriders were religious to Regina's team, not the Saskatchewan Roughriders, when they were looking — Glue had been thinking about Grey Cup coming up, and the

Stadium coming down. The idea blossomed into a series of giant jugs looking at Taylor Field from all angles.

Stadium coming down. The idea blossomed into a series of giant jugs looking at Taylor Field from all angles.

Audio interviews add a fun dimension to the acrylic images of the stadium, exploring fine art and sports

opinions about the Riders and the sport.

"It's kind of covers all the aspects of being a fan. You're not passive, you're not a fan, you're serious but also you can be completely goofy!" said Glue, for whom arts and sports

## ART

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are both about expression.

"The people who get all dressed up and padded out for football are expressing themselves... and I think art's about always about expressing yourself."

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## FASHION

What do you plan to wear during the Grey Cup Festival?  
Send a photo to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # CFL FAN FASHION

## Jason Bond: Gold is the colour for this Bomber fan

By Ashley Martin

When Winnipeg Blue Bombers fan Jason Bond attended his second Labour Day Classic in 2004, his french domed blue package bags.

"He was unimpressed by their effort, even early when compared to the other players he witnessed in Rodeo Nation. It got him thinking about his own crazy costume ideas inspired by his walk to work."

"When Bond moved to Winnipeg from Portage la Prairie in 2008, he got into the Manitoba legislature, a domed building on top of which stands a golden statue of a boy."

"After experiencing a few Labour Day Classics, I always thought that would be the perfect costume," says Bond.

He became the Golden Boy for the first time in 2007 and adopted the classic, so rationally chose. But this year, Bond decided to fully embrace the persona. He attended each home game this season — as verified the Labour Day Classic in Regina — painted gold.

"The costume has evolved since the first time. Bond has already mastered the art of how to apply body paint, and the ones have improved with time."

As he attends his first ever Grey Cup this weekend in Regina, Bond won't look exactly like the Saskatchewan weather in November is not known to be kind after all, and most to-morrow would be an invitation for frostbite. But in addition to his layers (winter coat, long johns — all the standard winter gear worn) and a Bombers jersey he chose his trademark golden face mask and wheat aloof so there'll be little confusion.

Bond prefers the costume cold to the alternative: any wet weather games are the worst games to be the Golden Boy — and it's not just about his comfort level.

When he wears the gold paint burns that most disperse of colours for a Bombers fan green.

"I hate it so much because I don't want to look green. I've always kept close and make inside the box for protection when I start sweating," says Bond. "Heat is the enemy of the Golden Boy."

Newly reinvigorated Bond in all his golden glory at some point during the festival. And if you recognize him, let him know. His favourite part of the job up is being noticed.

1. **TORCH MUG:** "I turned it into a beer mug as a way to have fun with it."

2. **CROWN:** "I did have a real crown, but it doing Labour Day Classic. I found some fake leaf which also spray painted gold."

3. **BODY PAINT:** "I performed a million gold paint which was hard to come by this year. Winnipeg's Harbourside Costume store is perfectly out of stock, so people outside the province have shipped it to him. "It's a theatre makeup paint so it's also contained with a sea to protect me. It's hard to destroy the costume there's not a greater sense of doing that than by pouring liquid on me."

4. **WHEAT-SHAVED UN:** "Of this year his brother would take wheat from a farmer's field and spray paint it gold."

5. **SHORTS:** (Sponsor from American Apparel) "In 2007 I took a blue Spandex and I spray painted it gold. It was the only thing I could think of."

6. **FLIP FLOPS:** "Mike's Hot Lemonade is sold with a pair of sandals every summer. I make them my Golden Boy shoes."

PHOTOS BY ALEX DOLYNIUK

**NEXT WEEK:** How do you make sure you're not spoiling your child? **Email QC@leaderpost.com**

## # PARENT TO PARENT

Each week **QC** gathers advice from parents to share with other moms and dads. This week we asked:

# Did you (or will you) put your child in sports?

"The older boys were involved in soccer, basketball and hockey. The older two had exposure to an interest. The younger one was to keep him busy and out of trouble. The little ones have taken swimming lessons. We recently acquired a hot tub and wanted them both to feel comfortable in the water. I said when they express an interest in a sport, we'll definitely look into it." — *Carla Conteras*

"Probably it's not an energy release. I am going to put them in some thing (I'm) just not sure yet. They are still quite little." — *Melissa Meador*

"My oldest daughter is a gymnast and starts skating in a few weeks. My youngest is too little for sports in our area." — *Ashley Puzar*

"I want to, but Adam is going to take away the winter/sports thing." — *Kristen Shawcross*

"My children are very involved in sports. All three swim and play baseball in the summer and hockey in the winter. My daughter is 12 and is very involved in dance as well as badminton and cross-country and volleyball. I think having children involved in sports is good for them." — *Crystal Robertson*

"My boys asked to play T-ball when they were four. They played the first spring and softball so again in May. They absolutely loved it. I think involvement in sports is important for children to learn team building and cooperation." — *Michelle Goodrich*

"I would like my child to be active. I'm thinking (I'll let) it up to her into gymnastics later on she can get good skills for cheerleading, as well as hip hop dancing." — *Dyna Reddy*

"Physical activity is important for children so you we did put them in sports. Both of our kids played soccer at five in summer and then first hockey from about Grade 6 through first year university. Our son also played hockey some days a week from Grade 1 through Grade 12. Today they both remain active young adults pursuing a variety of sports." — *Judy S*

"Yes we do and will continue to put our other children in when they get old enough. Sports teach kids so many good things: fun, hard work, teamwork, winning/losing, letting go and exercise. It's great that our children have to take direction from someone else. I think sports bring confidence and build self-esteem. We have tried out a few different sports and found what not only suits our kids but what they also enjoy." — *Alyse Connors*

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# SPACES

Spaces celebrates creativity both indoors and out. If you have a living space we should highlight, email [QC@leaderpost.com](mailto:QC@leaderpost.com)

## \* REGINA'S BEST SPACES

### Garage is a game-day party room

By Ashley Martin

**WHO?** Don Beck and his wife Dianne

**WHAT/WHERE?** The backyard garage of their southeast Regina home

**WHY?** The couple has been together for 29 years and moved into this house 21 years ago. They converted the space five years ago and have since expended time and emulated the space.

**WHY?** As former Saskatchewan Roughriders season ticket holders, they used to go to a lot of the games. But when they weren't at the stadium they'd chat together with friends to watch all home. They'd go to their garage to smoke, eventually led to the party space. "Our garage was never used for much but storage," says Dianne. Since then basement was always sports-themed, with riders and Canadians memorabilia. They just moved the Rider stuff outside.

He's a collector of crap," says Dianne with a laugh. "You want to make 26 years?" Don replies. "Hilma Taylor got rolled over in his groin."

Since adopting their garage, Don has continued to collect things. "He just went crazy the last four years buying outfits, jerseys and helmets," says Dianne.

The space is a reflection of their lifelong Rider fandom. "I've been a Rider fan since I was six years old. I know nothing about it," says Don. "It's been right in my eye. You don't have a choice."

**HOW?** Today with two TVs and wall-to-wall to ceiling Riders memorabilia. "Clubhouse 29" is a Rider fans dream.

The items range from quirky (dolls, heads and clocks) to vintage (vintage photos and a 1964 water bucket) to sophisticated (a signed Kerry Joseph jersey and boxes of paper shavings) to unique. An autographed Piece of Honor helmet with a watermelon slice painted on it. Don's favourite: while a steel autobody-painted two-dimensional helmet is Dianne's.

The infamous No. 34. Don's favourite player of all time is ubiquitous in this place. "You realise there's more George Reed than anything else in here," he says.

Even some furnishings are related to football. The two extra-wide couches came from the University of Regina Riders clubhouse, and some stadium chairs are courtesy of the Green and White Lounge. The fridge-dishon savannahs of visitors from across the continent. Famous guests have included Don O'Toole and Jay O'Neil. Formerly of TSN. For all its cache, the garage retains some functionality. The backdoor downstairs and cupboards house Don's tools.


In the summertime, the space expands outside. Actually it does so in winter as well with a Rider-etched firepit along to keep the smokers warm.

Though Don and Dianne plan on checking out the Greg Cup Festival this weekend for the big game they'll be right here.

"It's more than just a place to watch. We build a lot of good memories," says Dianne. "We have a lot of good times here."

QC PHOTOS BY DON HEALY





# TREAT YOURSELF.

## Visit Minot!

**Black Friday**  
November 29

**Holiday Open House**  
November 29

**Hockey Weekend**

**Calendar of Events**

**visitminot.org**

## Discover the "Magical City" of Minot

While visiting Minot be sure to experience the many "magical" activities, events and places that the city has to offer! With its many historical and cultural attractions, Minot is sure to meet and exceed your expectations.

The Dakota Territory Art Museum, Railroad Museum, Zoo, Line Depot Transportation Museum and the Tule, Art Museum are all waiting outside some time to visit. Visitors to Minot won't want to miss the Scandinavian Heritage Park.

The Minot area is also abounding with unique shopping opportunities. The city of Minot offers something for everyone, from the huge retail stores to the unique specialty shops.

After spending some time taking in the scenic view

180 storefront the Dakota Square Mall, you can take a quick trip to Main Street and visit Minot's historic downtown shopping district. While you are there, you will find many unique and specialty shops, including book stores, clothing shops, jewelry stores, specialty clothing shops, and much more!

After visiting several of the major shopping areas, you may be ready to kick up your heels at one of Minot's great hot spots or take in one of the great events happening in and around town.

You may decide that you are ready to leave and enjoy a nice dinner. Minot boasts more than 70 restaurants, so visitors are sure to find an establishment to match their tastes and budget!

Be sure to book your trip in advance so that you're

guaranteed that a room is available at your chosen hotel. You can see our total availability right on our website at [visitminot.org/hotel-availability](http://visitminot.org/hotel-availability) and don't forget to save our coupon page before you book your hotel room at selected accommodations.

To ensure there are no hassles at customs before leaving for Minot, here are a few tips:

- Remember to bring proper identification. Make sure everyone traveling with you has proper documentation to leaving Canada. Both certificates and passports and visas are the best insurance against problems at the border.

- Visit a Canada Customs office to clarify any questions you may want to bring to Minot from home. Items like cameras, jewelry and palm pilots can be

rewarded so that there are no problems coming back across the border.

- Also, remember to check with Canada Customs if you plan to change or improve any part of your vehicle. If your vehicle breaks down while in Minot, the repairs must be declared at customs and you may not leave the car until the repairs are complete. If you improve your vehicle with special modifications (in other words, increase its value), Canada Customs will no longer consider the vehicle Canadian.

For further information, or to request a free visitors packet including coupons, lists of restaurants, things to see and do and where to stay, contact Minot Convention and Visitors Bureau at 1-800-399-2626 or visit the website at [www.visitminot.org](http://www.visitminot.org).



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# TREAT YOURSELF. *Visit Minot!*

## Make it a Hockey weekend

— Watch the stars of tomorrow at a Minot Minotauros game

### For L-P Specialty Products

Although the Minot Minotauros were able to get the franchise its first two years played from home games last season, they are unable to win it all. Free not, the Minot Minotauros of 2013/2014 hope to give their loyal fans another shot at the gold this year.

Although the Minotauros are a newer team, Minot is no stranger to junior hockey. From 1994-97, the Minot Top Guns were members of the Saskatchewan Junior Hockey League and in 2000-01, the Minot Minuties played in the American West Hockey League, which merged with the NAHL in 2005.

The team may be American, but have always been Canadian friendly. Not only do they encourage their neighbours to the north to come watch a game or two, they also have a couple of Canadian players and a Canadian Head Coach.

Originally hailing from Lyleston, MB, Marty Murray leads the team down in Minot. His professional playing career lasted a span of 18 seasons, and he is one of the most dedicated hockey men both on and off the ice.

A former Western Hockey League All Star, Murray played four seasons with the Brandon Wheat Kings, where he was named the WHL Player of the Year in 1995-1996.

During the first, he also represented Team Canada twice at the World Junior

Championships, winning Gold both times. At the 1995 World Junior Championships, Murray led the tournament in scoring, was named to the all-star team, and named Top Forward in the tournament.

Murray was drafted by the Calgary Flames in the 1997 NHL Entry Draft and went on to play with the Calgary Flames, Philadelphia Flyers, Carolina Hurricanes, and the LA Kings. He also played in the American Hockey League and captained the Saint John Flames to a Calder Cup Championship.

Throughout his career he spent four seasons playing in Europe (Austria, Germany, and Switzerland) and was selected to play at two Spring Cup tournaments representing Team Canada, winning three Gold Medals.

Although making the transition from player to coach is a hard one, Murray looks forward to every minute of it, and hopes Canadians to come witness his latest accomplishment.

This Minot

Minotauros may currently be in second to last place in the NAHL Central division, but spectators and encouraging others could turn their season around. Get out and support Minot Hockey at its finest. A special \$68.00 per night rate for fans, family, and friends of the Minotauros will even be available at the La Crosse and Sully.

Fans will even have a chance to win prizes. The 5 Puck Shootout is back once again this year. It will be a single alignment tournament during the final weekend of 15 home games and includes 16 of the "Toucan" slogan line. Getting it out to win the grand prize. Fans should keep an eye on Facebook to enter.



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## Black Friday

If you want to get your loved ones that high ticket item they've been dreaming of, Black Friday is the day to buy.

Additionally, Black Friday marks the beginning of Christmas shopping and the holiday season in the U.S.

"Black Friday is probably the biggest shopping day of the year in the U.S.," explained Wendy Howe who works with Minot Conventions and Visitors Bureau.

"Retail stores know their end plan for the day, so major sales are expected, anticipated and planned for that day."

Walmart and J.C. Penney will be opening their doors to consumers the evening of Thanksgiving at 6pm and the majority of other retailers will be opening between midnight and 5 a.m.

"This kind of tradition for people to get up very, very early in the morning to try to be at the stores when the doors open, to try to get some of the best deals," said Howe.

This year, Thanksgiving falls on November 28, so shopping madness will

occur on November 29. Howe wants to book your room now and go online to restaurant, airports to check for Black Friday hotel specials.

Canadian shopping outlets have now begun competing with the U.S. tradition by offering their own Black Friday sales. Of course there are still advantages to crossing the border.

"No matter where you live it is always fun to go and shop somewhere else. And get a chance to go to some stores you don't normally get to go to," said Howe. "What we hear from Canadians is that they love to come to Minot and shop, especially on Black Friday because the deals are so good. A lot of times with our stores down here, even just during regular times, they're offering prices that are significantly less than what they see in Canada."



## GET WILD

### GAMING

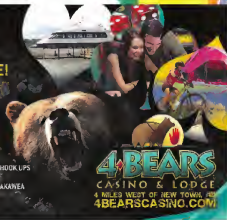
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# TREAT YOURSELF. *Visit Minot!*

## New state poker champion to be crowned on New Year's Eve in North Dakota

Poker season starts December 28, as over 1,500 poker players are expected to begin playing in Minot, North Dakota for this annual ND Texas Hold'em Championship™. The State Poker tournament, held this year on December 28 to 31, is hosted by The Vegas Motel. Now in its eighth year, it continues to grow and draw national and international attention.

This year's new state champion and first place winner will receive an estimated \$60,000 and the total prize pool is expected to be over \$172,000.

The tournament draws a majority of its players from across the nation and Canada.

One of the exciting reasons players cite for playing in the local state championship tournament is that the tournament gives players the opportunity to sharpen their skills and develop the confidence to move on to the larger WSOP™ events held annually in Las Vegas. Many of the tournament players

have placed in the WSOP™ of events and have taken home cash prizes.

This exciting tournament consists of a \$160 buy-in. Players may attempt to qualify for this championship round by playing in up to three different flights of poker. Approximately the top 100 qualifiers advance to this championship round on December 31. A portion of registration proceeds is used for tournament costs, such as trophies, advertising and staffing, with the remainder being donated for college scholarships at Minot State University.

Prior registration is recommended, since it guarantees that a player will have a spot in the tournament and it speeds up registration on game day.

The Vegas Motel is located at 2015 North Broadway, across from the Minot International Airport. The \$160 registration fee may be paid by check or money order in U.S. funds. To have a registration form created directly

to you, please email: [sean@thegameof.com](mailto:sean@thegameof.com). For more information, visit the tournament's website at [www.thegameof.com](http://www.thegameof.com), the tournament's facebook - ND Texas Hold'em Championship site or call 701-838-8000.

### Tournament Schedule:

#### December 28

The Landing for Free Roll Tournament

— Play open to the first 400 people —  
registration 4:30 p.m., play 8 p.m.

#### December 29

Registration opens at 10 a.m.  
Right 1 play begins at 12 p.m.



Right 2 play begins at 6 p.m.

#### December 30

Registration opens at 9 a.m.  
Right 3 play begins at 10 a.m.  
Right 4 play begins at 2 p.m.

#### December 31 Championship Round

• Registration — 7:30 a.m.  
• Play — 9 a.m.

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**TREAT YOURSELF.** Visit *Minot*

~ Upcoming events ~

Nov. 22  
Festival of the season open house  
Tulpe Museum

Our open house is from 2-5 p.m. in conjunction with the Downtown Old-Fashioned Christmas Open House. Refreshments will be served.

Local and regional artists will showcase their creating art which will make great gifts for the Holiday season. There will be everything from ornaments, stocking stuffers and fine art. All works will be available to take home the day of purchase.

Any artist 18 and older may submit their work, in any medium. Artwork must be created within the last two years and not previously displayed in the Festival of the Americas Art sale.

**Nov. 22**  
**Hartsville**  
**North Dakota State Fair Center**  
Marked as the world's ultimate 80's road

impersonation act, recreating the good-time party atmosphere of the decade with unmatched authenticity.

The group consists of Dina in Rose, who looks like Ron Jaws, Dan Lippert, Motley Crew, Garry, AC/DC, Jounag, Pardon and more into the show's cast. Hertha's unique dual personality is out, looking like unique vocalist Bobby Jounag and Kim Wex, who then apart from all other like. Inbaba. They copy the personas of the era's legendary frontmen while rapidly changing elaborate costumes, then complete their transformations with guns on velvet and vocal performances.

Alternating stage time, the two bring new characters to the stage every five to ten minutes. For instance, while Jansen has been questioning whether or not he really is Paul Sharkey from KISS, Wax is backstage preparing for his intensely acrobatic Twisted Sister spot. This relentless, rapid-fire style is constant, ambling Harbail to represent more than 90 of the 800 musical and vocal acts

**Nov. 23**  
Feed My Starving Children mobile pack  
card

**Feed My Starving Children** is a non-profit Christian organization committed to feeding God's children hungry in body and spirit. The approach is simple: children and adults hand-pack meals specifically formulated for malnourished children, and we ship the meals to nearly 70 countries around the world.

**Nov. 28**  
Thanksgiving Buffet  
Grand Hotel

**Nov. 29**  
Download Cheshire open house and  
Cheshire tree lighting  
Come home for the holidays in Downers

**Mino's Annual Holiday Open House and Tree Lighting** - Germany from 3:00 to 8:00 p.m. on Friday, November 23, 2012.

The event, sponsored by the Downtown Business and Professional Association, will feature more than 30 stores who will open their doors for the first time, sounds and sights of the holiday season.

To help you and your family get into the holiday spirit, there will be various festivities at local businesses including: pictures with Santa and Mrs. Claus; dinner with Santa and Mrs. Claus at St. Ann's Episcopal Church, from 5:00 to 5:15 p.m. at 201 S. Main St.; a candlelight procession with caroling down Main Street from 5:45 to 6:00 p.m.; plenty of holiday goodies and beverages along Main Street; good old-fashioned hayrides from 3:00 to 6:00 p.m.; and much more.

Shoppers will also have the opportunity to get a jump start on their holiday shopping in a warm, trendy and relaxed atmosphere as Downtown Minot has unique boutiques and awesome gifts just in time for Christmas.

Leaf but not lost, take time out from your shopping to experience the spectacular, magical tree lighting ceremony at 6:00 p.m. located at the Christmas Tree in the middle of Main Street in front of 10 St. Mary's.

This will be a great time for you and your family, friends and loved ones to spend together!

For more information, call the DBPA at 852-9974.

Nov. 30  
Winter Whimsy  
Webb

Winter Whimsy is a fun, frosty event held in Volus, ND on November 30, 2013. This event features activities for all ages including a vendor show, prizes with Santa, ornament making and a winter scene walk.

**Dec. 1**  
4th annual Jungle Bell House  
Sleep-In & Suites  
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for our Annual Jungle Bell House

(Continued on page 2)



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# TREAT YOURSELF.

*Visit Minot!*

## ~ Upcoming events ~

Continued from Page 20

Once again all admission at the door will go to our local United Way which helps dozens of local non profits, churches, and community programs! Admission is still only \$2 and it goes to a fantastic cause! Dozens of the best vendors, artists and on-line will be there! Unique and special gifts for all the people on your list! And maybe a little something for you too! This year our show tells on Black Friday weekend (also known as Thanksgiving weekend) so after you get your 44" big screen for \$149 come back on Sunday and shop where you won't have to fight the crowds and there is a chance you might win a prize of your own! Each vendor will be giving away a fantastic prize and there is also the opportunity to win one of several \$25 gift certificates good at any of our vendors!

### Dec. 1 MSU Messiah Concert

Ann Nicole Nelson Hall, Old Main  
The Northrup Singers, Voices of North, MSU Concert Choir and five community members will perform Messiah's "Messiah," one of the longest traditions at Minot State. The orchestra is comprised of Minot Symphony Orchestra members and community musicians. The production is free of charge and open to the public, and parking is unrestricted.

### Dec. 5 to 7 A Renaissance Christmas Feast State Fair old season starts

Lord Eric, Lady Penelope and the distinguished royal court of lords and ladies marks you to welcome the holiday season with us. Please indicate your choice of meal and table preference when ordering tickets. Weekend

### Dec. 7 Holiday tour of homes

Start your holiday off right by visiting and touring the heads of these beautiful

discovered homes. Local businesses and volunteers help decorate five homes on the tour.

You are invited to join us at the Treble Museum of Art for jewelry, silver, antiques, fine music, bead unique jewelry showcases, door prizes and local and regional artwork.

For more information call 701-825-4446 or email treble@art.com.

### Dec. 10 Canadian Pacific Holiday Train Downtown Minot

The US Holiday Train embarks on its three week journey on November 20 from Kahnawake, Quebec, then travels through the Northeast and Midwest US before heading up in Weyburn, Saskatchewan on December 18.

Entertainers on the U.S. Train included The Greyhounds, Canadian Country Music Hall of Famer Tracy Browne, and Willy Porter.

### Dec. 10 Minot holiday open house Minot Visitor's center

Please join us (1020 South Broadway) for our holiday open house! Sample treats of Dakota goodies and shop for Minot and North Dakota items for the people on your list.

Take 20% off one ND at Minot from that night only.

### Dec. 31 Minot Country Club traveling trophy golf tournament

### Dec. 31 Minot Country club wine tasting Sweet & Flour

Food & Wine tasting \$25 Members \$20 Non Members! Limited Tickets Available! RSVP to info@minotcorm.com or call 822-0591



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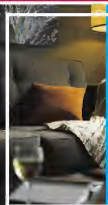
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DAKOTA WATER PARK**



**ROOMS  
AVAILABLE  
CALL NOW!**

**MINOT, NORTH DAKOTA USA**

• **SAME GREAT  
RATES**

• **SAME GREAT  
SERVICE**

• **SAME GREAT  
LOCATION**  
ATTACHED TO  
DAKOTA SQUARE MALL  
(Several New Stores)

• **FREE DELUXE  
BREAKFAST**

• **LOUNGE -  
BEST KEPT  
SECRET**

• **GIFT SHOP  
INCLUDES  
65 STORES,  
9 THEATRES AND  
21 RESTAURANTS**



**1-800-SLEEPINN**

**Hurry! Call Now!**

**1-701-837-3140**

# TREAT YOURSELF. *Visit Minot!*

## Sleep Inn & Suites

There are so many reasons why the Sleep Inn & Suites continues to be the #1 choice for lodging throughout the Canadian region. Constant facility upgrades and expansions include 174 newly renovated standard rooms and 66 suites now equipped with Keurig Coffee Makers have guests coming back for more of your kind!

The Sleep Inn & Suites is a very convenient for those Canadian shoppers looking to get it all done in one place and ahead being attached to the Dakota Super Mall gives guests many great amenities that cannot be found anywhere else. Whether looking to fill up on daily foods from the food court, enjoy a movie at the Gamble Grammes, or give in to that retail therapy the Sleep Inn & Suites has an accommodation for you. There are a wide variety of guest who stay at the Sleep Inn & Suites however we are proud to be the Canadian Fox Box Headquarters and preferred choice.

You'll find the world's largest gift shop with over 15 dining options and a whopping 35 hotel rooms within the same building. Minot like many other places in North Dakota is growing and expanding daily, the newly added hotel

hotel spoke inn Cardinals, PubGo, Shop General, GASH WASH, and coming soon Home Depot. Along with the new retail stores a variety of fine dining establishments have been added all with 5.0 stars of the Sleep Inn & Suites, including Long Horn Steak House, Olive Garden, Montana Mike's, Sakura Japanese Steak House, Ponder Bread, and locally Savor for those late night finds. After an exhausting day of shopping and a full body from sport, what better escape for the family than a night of fun at Splash Down Dakota Super Sides.

Start by bringing out the inner child and sliding down one of the three First Flumes in the West or for a more relaxing option look no further than our zipperman hot tub. Ready to be awoken the park features 3 enormous slides, an arcade filled with 40 arcade games and a fitness center. There is also a large upper level balcony, overlooking the lower pool deck where you can enjoy a soft lounge while watching the children or celebrate a birthday by signing up for the birthday package offered at Splash Down Dakota Super Sides. The park is free to hotel guests

and open to the general public with restricted hours.

If you are not a fan of getting wet, possibly the Best Kept Secret Lounges would be more fulfilling. The Best Kept Secret Lounges is exactly what the name says, it's cozy and quiet lounge featuring 2 private sitting areas and a warm fire place to give it that home touch. Part of being away from home is the thrill of seeing something new and exciting, and you can do just that while visiting the Magic City!

While you could spend an entire day at the Sleep Inn & Suites, there are many things to do around the town, including visiting the Railroad Museum, Art Museum, Roosevelt Park Zoo, or in July the State Fair. When the family wants to grab a bite and needs a vacation Spring or Fall, take them on an affordable trip to the Sleep Inn & Suites of Minot, where you are always staying with the stars!



## Minot invites Canadians to join in on Annual Holiday Open House

Getting in to the holiday spirit can sometimes be difficult. This year make things easier on yourself. Take part in the annual Downtown Holiday Open House in Minot.

The yearly event takes place on Friday Nov. 28 at 3 p.m. and offers something for the whole family to enjoy.

Entertainment will include a variety of musical performances, outdoor food vendors and in-store specials offered by downtown merchants.

Children will be given the opportunity to have their photos taken with Santa and Mrs. Claus as well as art plaza with the couple at the Trade Museum of Art beginning at 5:00.

A candlelight procession with caroling will take place down Main Street from 6:45 to 8:00 p.m., with good old-fashioned family hayrides offered from 8:00 to 8:00 p.m.

The highlight of the Downtown Holiday Open House will be the lighting of the Christmas tree beginning at 8:45 p.m. that evening. The tree was donated by Provence and the city of Minot. The tree will be located in the middle of Main Street.

A big thanks goes out to TC Nursery, Real Builders and SRT for their magnificent work in displaying the tree for the community to enjoy.

"Everyone is invited, and it is something you really shouldn't miss," said Mary Helen Healy, owner of Cackles for You on South Main Street. Also, there will be vendors on the street giving away a variety of yummy eats and drinks. Coupons for downtown events will be given away at the LaSalle Inn and Suites, the Four Points Sheraton, The Vegas and The Noble Inn.



<b>Beef Special</b> <b>\$11.99</b>	<b>Lamb Special</b> <b>\$11.99</b>	<b>Chicken Leg Special</b> <b>\$7.99</b>
		

**Expires Dec 4, 2013**

## Daily Special

### \$9.99

**Open Monday – Saturday from 11:00 – 9:00**  
**Located Downtown Regina**  
**1822 Broad Street**  
**306-545-8888**  
[www.reginakebabhouse.ca](http://www.reginakebabhouse.ca)

# TREAT YOURSELF. *Visit Minot!*

## Minot welcomes several new businesses

### L-P Specialty Products

As many know, the past few years have caused rapid growth for the city of Minot. Multiple new hotels have opened and left visitors with the choice of 3,000 hotel rooms with different amenities and experiences.

While enjoying the warmth of your hotel on vacation or a very relaxing and relaxing, visitors will also need to eat, and many wish to shop around. These tourists are in luck! White Minot is growing, so are its dining hotspots and stores.

Sometimes the best part of a weekend away is the fact you don't have to cook and can try new foods. Crossing the border means having the opportunity to experience restaurants that haven't made it to Canada yet.

Lungren's Steakhouse is one of those places that just opened and is receiving rave reviews," said Vancuse. "We have a Parece Bread that is supposed to open this winter which has everyone really excited. There isn't an exact date announced, but it is coming. We also have the first Borne Drive-Through in North Dakota, so even though that opened a few months ago people can't stop talking about it."

For those who are looking to visit a local deli, the family owned Dakota Market just opened its doors and is ready to serve. Minors and many of sandwiches and soups. They also have unique specialty foods store right in their cafe.

Once your appetite is satisfied to you can work off the carbs by doing laps around the Dakota Square mall or some of the new department stores.

"People seem to be really excited about all the new businesses opening, especially

places like Goodman's, they have a mix of everything," said Vancuse. "We also just got a shoe carnival, which offers a wide variety of shoes at discounted cost."

For those who have never heard of the retail giant, it is a discount department store which sells name brand items at discounted prices. Their items include:

Of course, if you are looking for something a little more unique, you can always visit one of Minot's locally owned boutiques.

"Minot's is a new clothing store downtown called Michèle. It's which offers a very unique selection of western boots and clothing. They offer brands you can't find to find at the mall or in any chain stores," she concluded. "They really have something about there that you won't find anywhere else in Minot. All their jewelry is handmade by the store owner herself. It is a family owned local business run by Michèle and her two daughters. It is a very personal experience."

There is never a dull moment when visiting Minot. As the of boom continues and the population grows, new businesses are needed to keep up. Each time visitors return to Minot, they can be sure to find something they have never seen before.

**10th Annual** **Live at The Vegas Motel!**

**North Dakota Texas Hold'em Championship**

**December 28-31, 2013**

**\$50,000\***

**FIRST PLACE**

**\$172,000\***

**GUARANTEED PRIZE POOL**

**Paid out to the 100th best!**

**December 28th**

**December 29th & 30th**

**December 31st**

**First Place Prize, \$50,000\***

**\*Prize Pool paid out to the 100th best player.**

**Previous North Dakota State Champions**

<b>2010 JIMMY KATZ</b> \$67,000	<b>2011 JIMMY KATZ</b> \$64,000
<b>2012 JIMMY KATZ</b> \$67,000	<b>2013 JIMMY KATZ</b> \$64,000
<b>2014 JIMMY KATZ</b> \$67,000	<b>2015 JIMMY KATZ</b> \$64,000
<b>2016 JIMMY KATZ</b> \$67,000	<b>2017 JIMMY KATZ</b> \$64,000
<b>2018 JIMMY KATZ</b> \$67,000	<b>2019 JIMMY KATZ</b> \$64,000
<b>2020 JIMMY KATZ</b> \$67,000	<b>2021 JIMMY KATZ</b> \$64,000
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<b>2312 JIMMY KATZ</b> \$67,000	<b>2313 JIMMY KATZ</b> \$64,000
<b>2314 JIMMY KATZ</b> \$67,000	<b>2315 JIMMY KATZ</b> \$64,000
<b>2316 JIMMY KATZ</b> \$67,000	<b>2317 JIMMY KATZ</b> \$64,000
<b>2318 JIMMY KATZ</b> \$67,000	<b>2319 JIMMY KATZ</b> \$64,000
<b>2320 JIMMY KATZ</b> \$67,000	<b>2321 JIMMY KATZ</b> \$64,000
<b>2322 JIMMY KATZ</b> \$67,000	<b>2323 JIMMY KATZ</b> \$64,000
<b>2324 JIMMY KATZ</b> \$67,000	<b>2325 JIMMY KATZ</b> \$64,000
<b>2326 JIMMY KATZ</b> \$67,000	<b>2327 JIMMY KATZ</b> \$64,000
<b>2328 JIMMY KATZ</b> \$67,000	<b>2329 JIMMY KATZ</b> \$64,000
<b>2330 JIMMY KATZ</b> \$67,000	<b>2331 JIMMY KATZ</b> \$64,000
<b>2332 JIMMY KATZ</b> \$67,000	<b>2333 JIMMY KATZ</b> \$64,00



# IN THE CITY

# NOVEMBER 17, 2013 — 2:32 PM

## Training camp



Two-year-old Shyenne Chambers blows on a horn at a football training camp at the Regina Public Library Central Branch. QC PHOTO BY MICHAEL BELL

**YOUR FAVOURITE PLACE**  
QC wants to hear about your favourite place in Regina! Email [QC@leaderpost.com](mailto:QC@leaderpost.com)

# # MY FAVOURITE PLACE

## Stadium's charm hinges on fans' presence

By Ashley Martin

In 1986, Steven Plym fell in love at Taylor Field.

It was his first Saskatchewan Roughriders home game, and he's been a fan of the team ever since. He's been 7 missed away home games since graduating from high school in 2000.

The atmosphere and people make this the ideal spot in Regina for Plym, who makes the trip regularly from his home in Swift Current.

**Q: How long have you been a Rider fan?**

**A:** Since the day I went to my first game, which I think I think I think I remember coming back and I was just so pumped. It was in '86 when they had the expanded seats for the first Grey Cup we ever hosted. It was the biggest game ever attended, so it was just big, and we spent Calgary that day it was good.

**Q: How often do you come to Taylor Field?**

**A:** Whenever I can get a chance I go. I don't have season tickets because I have about four or five groups of friends that have season tickets, so I just circle around and whenever there's a ticket available I jump in on it.

**Q: What's your best memory from Taylor Field?**

**A:** There's a lot of them. Probably the Labour Day when Rocky Butler was third string quarterback — no one had ever heard of him — came in and beat Winnipeg. And then there was one. If when we hosted our first playoff game in 2000 how long and our first game was to IM Field for about 60 yards and a touchdown. I went to the Grey Cup that year and it was just a great start to the playoffs.

I actually went to the game by myself because I couldn't find tickets, so I thought we took off they and went by myself. And even though I went by myself there was probably 30,000



Steven Plym at Moose: Stadium's charm hinges on fans' presence in Regina. QC PHOTO BY KYLE WILL.

friends that I had with me

**Q: What do you like about the stadium as a place?**

**A:** It's not the most fancy place in the world, but it has character. I just like the people that are there, it just makes it a good experience.

I like driving up from Swift. Our front always looking across the stadium, the two pillars with the old players

**Q: Do you have a game tradition?**

**A:** I like to get there early before and watch warm-ups, but some people I go with don't like that. I've got to be there for when they say, "Bring 'em out, bring 'em out, bring 'em out."

**Q: What do you wear to the games?**

**A:** I have a real '86 Adidas jersey. I need a new one actually, but I have worn this jersey since I remember

and I don't like getting rid of it. It's a Rider jersey I had when Adidas was sponsoring the CFL. It was the best Christmas present my sister ever gave me was that jersey. It was 10 or 15, 30, 36, 38.

**Q: Do you ever think it's not worth it to make the trip from Swift Current?**

**A:** No. Game days are the best time of year. Even the regular season is really, it was a nothing game, maybe

have been cold, but it didn't even cross my mind (not to come).

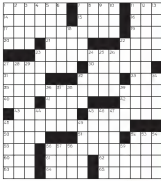
This site has been the home of the Roughriders since 1968. In 1968, a grandstand was built and in 1969 it was renamed Taylor Field, after Neil (Pete) Taylor, a former Riders coach. In 2000, Moose sponsored the stadium, which carried its name once again. It's now known as Moose Stadium at Taylor Field.

## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Creator of Facebook  
 7 "It's a bad"  
 11 Word part: fiber  
 14 Kind of pork and Chinese menu  
 18 What to eat  
 19 Cedar Rapids edition  
 27 Slow-mo singer Jimmy J  
 28 National Day me  
 30 Navigational aid  
 31 Name on name tags  
 32 Hour this post is published  
 33 Answer?  
 37 "I'm the online premiere not to be"  
 38 Bigger words  
 39 What new phrase one  
 42 "You wish!"  
 43 Synonym of what?  
 45 Call it quick, with a hint to 10, 46 and 48  
 46 What's a baby's cry  
 47 First Chinese dynasty  
 48 Ingredient for a "badass" start, maybe  
 49 "No answer?"  
 50 Individual  
 51 Last?



PUZZLE BY SHARON A. DODD/CONTOUR

- 52 Left Lake City athletes  
 53 Two-sided  
 54 "I just looked"  
 56 Toddler based on all-weather?  
 60 Ship... (same ship)  
 61 Disposed from home may feel as if  
 62 Incubator melody and others  
 63 They  
 64 Whether process of 17  
 65 L.A.'s WW II book

## DOWN

- 1 Red note on scales  
 2 (Over) in the song "Copacabana"

## # JARRIC CLASSIC SUDOKU

## Level: Silver

Fill in the board with numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The 40/40/40 rule: numbers from 1 to 9 (assumed to be 10) (assumed to be 10) (assumed to be 10)



Solution to the crossword puzzle and the Sudoku can be found on Page 37

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# INVENTORY

We want to hear from you: Tell us about your local business.  
Email [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # SPORTS WORLD COLLECTIBLES

Twenty-five years ago Kevin Roemer adopted a now-famous collectible hockey card. 25 years ago he made it his business, spanning Shark. Then this year Roemer expanded and moved.

At Sports World Collectibles he offers a ton of CFL and NHL memorabilia. Plus he carries merchandise — like vintage shirts and license plates — from all the CFL teams, not just the Riders. Check in from Tuesday to Saturday at 1205 Albert St.

Throughout December you can also visit a temporary seasonal location in Victoria Square Mall. On Dec. 1 Roemer is hosting a sports card and memorabilia show 10 a.m. - 4 p.m. at the Conexus Arts Centre.

go photos in our story



**1. FOOTBALL:** 1976 Dairy Queen mini helmets with hard Nike teams. \$250

**2. LEGENDS OF THE BALL:** Early 1970s football football: autographs by George Reed, Ron Lancaster and others. \$400



**3. HARD HEADS:** 2012 Saskatchewan Roughriders autographed helmet. \$425. Case is \$180

**4. TAILGATER UNITED:** Riders' Triangle CFL licensed T-shirt. \$25



**5. NAME OF THE GAME:** Signed 2010 Riders No. 13 jersey. \$500

**6. BANNER YEAR:** Rider Nation banner. Rare as it was only available in bars. \$350

**7. PIÈCE DE RESISTANCE:** George Reed autographed photo with clamp. \$190. Other pieces available.



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# CITY FACES

## # GREY CUP FESTIVAL VOLUNTEERS

### Pettigrew's team is 3,000 strong

By Ashley Martin

Before Dave Pettigrew moved to Regina from Saskatoon in 1989 for a job at IBM, he'd only ever visited his new city to attend Saskatchewan High School games.

He recalls a playoff game in 1988, the year before he finished his mechanical engineering studies at the University of Saskatchewan.

It was the first playoff game the team had held in years, and Pettigrew and his friends "tried our best to yell." The team didn't fare too well either, but it was a big deal to come down to that game.

"And in general I think my impression and thoughts of Taylor Field are the absolute passion that the fans have," said Pettigrew, the chairman of the 10th Grey Cup Festival Committee. "I've been a Ruler fan as long as I can remember."

As a high school student at Saskatoon's Adam Herman Collegiate, he attended his first Ruler game. In one variety he'd road trip to Taylor Field with friends to sit on the "university section" Section 31.

At the last Grey Cup Regina hosted in 2001, he sat in the temporary stands, scratched too close for comfort to everyone around him for lack of space in the north end zone seats.

In 2007, after the team brought home the game for another year, James pulled them there children — Scott, then 10, Connor (11) and Nicole (11) — out of school for the parade. The family brought the kids, along with hundreds of other fans, and were there as the team headed to the trophy on the steps of the Legislature. The moment was captured as one of the fan's most treasured photos.

This year with Pettigrew attends the game with his wife, he'll be a little more for wear.

For two years he has put in hundreds of hours in his volunteer role helping organize the Grey Cup party. It's all up to this week.

"I'm sure that sleep will be a bit of premium," said Pettigrew, who



Dave Pettigrew, chair of the Grey Cup Festival committee, and his Harvard Western University employees are in the Grey Cup Festival party. QC PHOTO BY TON FLEISS

will have committee meetings first thing every morning, and events to attend throughout the day and night.

"But I'll probably be more behaved than I've been at past Grey Cups."

At Pettigrew's day job as president and CEO of Harvard Western Insurance, he's used to leading large groups of people — though not quite as large as this weekend's group, 3,000 strong.

A keen volunteer, Pettigrew has been involved in Junior Achievement. He chaired the United Way campaign in 2001, spent six years on the board of the MacKenzie Art Gallery and spent three years on the Sask Sport board of directors. He was vice-chair during the World Junior Hockey Championships, co-hosted by Regina and Saskatoon in 2000.

"My wife says I'm somebody who has trouble saying no to anything but I think our city and our province



John and Dave Pettigrew and their children. Left to right: Nicole, Connor and Scott, standing in front of the Legislature after the Grey Cup celebration parade on Nov. 27, 2007. PHOTO COURTESY DAVE PETTIGREW

are built so much on the backs of so many folks that give of their time," said Pettigrew. "I do it because I think we all need to, and I also really

enjoy it. I have fun doing it."

The Celebration in Ruler Nation the 10th Installation of the Grey Cup Festival in Regina, volunteers are working in lots of different areas — organizing downtown events, safety and security, hospitality and parking, CTV and local events, and much more. About 300 volunteers spent months on subcommittees prior to the festival, and an executive committee of 30 people including Pettigrew's vice-chair Mark Strickland met biweekly in June.

Regina's a different kind of festival than the past two Grey Cups in Vancouver and Toronto which were largely staffed by professional event planners with far fewer volunteers.

"Saskatchewan, that's how we sell here. We're a very volunteer cultural province," said Pettigrew. "We're just blessed with that culture — whether it's curling or hockey or any kind of sport, cultural, community event,

Junos — people show up. They give tirelessly of themselves."

Because the staff and volunteers are so skilled, Pettigrew didn't feel much pressure leading up to this week — except to ensure that the party is a celebration of the league, not just the home team.

"We all know Ruler Nation is pretty dominant. When Pettigrew was in Toronto in 2007 to watch the Raiders defeat the Winnipeg Blue Bombers, he witnessed the rule of games, he saw we're 38 to 1 in the streets."

"Chemistry I'm sure that 80 to 85 per cent of the fans here for the Grey Cup Festival will be Ruler fans," said Pettigrew. "We want it to be a CFL celebration. It's a league celebration, so even if the majority of the folks are rooting for us, we want them to go and celebrate with the Blue Bombers and with the Toronto Argonauts and Edmonton Eskimos and B.C. Lions."

# ON THE SCENE

## #CFL FAN PHOTOS



This week instead of our regular On the Scene feature, we asked readers to submit their best CFL fan photos in honour of the Grey Cup in Regina. Surprise: we received a lot of green. Thanks for sharing!

1. Residents and staff at Regina's College Park Retirement Residence show their Rider Pride.
2. Nathan Toon.
3. Marie-Véronique Bourque poses in South Africa's (Shakaland) Zulu village, with her guide (right) and the village chief (left).
4. (From left) Wally Philip and Thibault Haughey.
5. Jahoyne and Hudson Richards.
6. The Thomas family.
7. Zach Gebyala and son Beau Gebyala.
8. Jason Dawkins, Jody Lempert, Dany Good, Ryan McDonald and David Smith.
9. And so Pyle and her niece Natalie Neuring.
10. Hannah Baum.
11. Molly Martin's melonhead.

PHOTOS SUBMITTED BY DIE-HARD FANS

# ON THE SCENE

# CFL FAN PHOTOS



**Everybody  
Will Be  
wearing one...**



**Available ONLY at  
Mosaic Underground and  
the Leader-Post Fan Zone  
Booth - Evraz Place during  
Celebration in Rider Nation.  
LEADER-POST**

# OUTSIDE THE LINES



## # Colouring contest

Each week, artist Stephanie McKay will create a Saskatchewan-inspired illustration meant to please kids of all ages.

Children can colour the picture, have a picture taken with the finished product and email it to [oc@leaderpost.com](mailto:oc@leaderpost.com) by 9 a.m. Monday.

One winner will be chosen each week. Please send high-resolution pictures and include the child's name and contact information.



Last week's OC colouring contest winner was **Danya Ganshigorski**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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## EVENTS

## MUSIC

Wednesday, Nov. 20

**Wednesday Night Funky**  
Istace vs. the Time Pistols  
Butchwickers, 2205 Dewdney

**Jazz Night**  
McNally's, 2226 Dewdney Ave.

**Herman's Hermits starring**  
Peter Moore  
Cresco Regatta Room/Lounge  
1880-5 Saskatchewan Dr.

**Tom Waage**  
Artful Dodger, 1631 17th Ave.

Thursday, Nov. 21

**The Millman's Sons, Givley**  
and **CC Bikers, Idol Stars,**  
**One Young'n**  
The Exchange, 2431 8th Ave.

**Hardy**  
Brandt Centre

**Leven Mann and the Fairy**  
**Odd Folk**  
Artful Dodger, 1631 17th Ave.

Friday, Nov. 22

**Music Scene**  
7:30 p.m., Crompton College  
Chapel, U of R

**Hellmold, The Zolas, PUP**  
The Exchange, 2431 8th Ave.

**Bernardo Lelies**  
Brandt Centre

**Big On It Friday**  
The Larosset, 4529 Gordon Rd.

**F.O.B.O.B.**  
McNally's, 2226 Dewdney Ave.

Saturday, Nov. 23

**Bandstand**  
Regina Symphony Orchestra  
8 p.m., Conexus Arts Centre  
220 Lakeshore Dr.

**Big & Rich**  
Brandt Centre

## FOOD&amp;DRINK

McNally's, 2226 Dewdney Ave.

**The Empire Associates**  
Cathedral neighbourhood, 2652  
Albert St.

**Dallas Smith, Gosh Grewford**  
The Exchange, 2431 8th Ave.

Sunday, Nov. 24

**The Sheepskins**  
Noon, Brandt Centre

**F.O.B.O.B.**  
McNally's, 2226 Dewdney Ave.

Monday, Nov. 25

**Monday Night Jazz & Blues:**  
UpTown Jazz

**Funkwizards, 2206 Dewdney**  
Butchwickers, 2206 Dewdney

**Jazz night**  
8 p.m., Broadway, 2037 Park St.

**Said the Whale, Escandido**  
The Exchange, 2431 8th Ave.

## ART

**Inside/Outside Fair**  
Nov. 20-23, Uptown Gallery,  
2720 18th Ave., and The Aristo-  
crats, 2727 13th Ave.  
Opening Reception: Nov. 20,  
7:30-10 a.m., the Aristo-

**Audrey Remes: Vanity**  
**Stix Club**  
Nov. 20-24, Dunlop Art Gallery  
— Central location, 220-12th Ave.

**Andrew Seligson: The Ac-**  
**quaintance**  
Until Nov. 23, Art Gallery of  
Regina, Neil Bellwell Civic Arts  
Centre, 2420 D'Arbonne St.

**U of R Masters of Fine Arts**  
**Opening Exhibition**  
Until Nov. 23, MacKenzie Art  
Gallery, 3475 Albert St.

**Great! Hills: The Jane Taro**  
**Art of Canadian Art**  
Until Nov. 24, MacKenzie Art  
Gallery, 3475 Albert St.

**Christmas Art Gallery Show**  
and **Sale**  
Nov. 25-Dec. 1, Art Gallery of  
Regina, Neil Bellwell Civic Arts  
Centre, 2420 D'Arbonne St.

**Spectacle by Heloise Kink**  
Until Dec. 1, MacKenzie Art  
Gallery, 3475 Albert St.

**Quilting for a Cure**  
Until Dec. 10, Cumberland Gal-  
lery, Legislative Building, 2405  
Lethbridge Dr.

## COMEDY

**Pass the Hot**  
Nov. 22, 9 p.m., The Club at  
the Exchange, 2431 8th Ave.

**Bill Emvill with Ronde Rich**  
Nov. 22, 8 p.m., Cresco Regatta  
Show Lounge, 1880-5 Sask Dr.

**Comey Strind**  
Every Saturday night  
Gabor's, 2432 Dewdney Ave.

## THEATRE

**Children's Letters To Dad**  
**Shakespeare Musical**  
Nov. 15-21, 7 p.m., Miller High  
School, 1921 College Ave.

**Midwinter**  
Nov. 20-23, various times.  
The Aristo, 2527 13th Ave.

**Shining Reality**  
Nov. 20-Dec. 29  
Globe Theatre, 1801 South St.

**Twelfth Night**  
Nov. 21-23, 7 a.m., 8:00 a.m.,  
High School, 5757 Rockside Blvd.

**Tickled... A Postcard Play**  
Nov. 21-23, 23  
Weekly shows until Dec. 21  
Apples & Oranges Theatre, 1975  
Broad St., lower level

## SPECIAL EVENTS

**10th Grey Cup Opening**  
**Ceremonies**  
Footwear sport, culture, dance  
and Grey entertainment



*Seven-ty-two will perform at the Scotiabank Club — Taste of the Ne-  
bota event, Saturday at Grand Regatta. 182 words*

Nov. 20, noon-3 p.m.  
Downtown, City Square Plaza

**Musko Underground Tied**  
Live entertainment, special  
appearances, and contests  
and more. Nov. 25-27  
Downtown, City Square Plaza

**Nissan Family Zone**  
Family-friendly celebration  
with winter activities, influ-  
able fan, special appearances,  
interactive fun, games and live  
entertainment every night.  
Nov. 20-23, 7 p.m. Hill Mall

**Taste Street Festival**  
Autism opportunities,  
interactive fun, games and live  
entertainment every night.  
Nov. 20-23, 7 p.m. Hill Mall

**Regina**  
Nov. 20-23, 7 p.m. Hill Mall

**Regina**  
Nov. 20-23, 7 p.m. Hill Mall

**Regina**  
Nov. 20-23, 7 p.m. Hill Mall

**Regina**  
Nov. 20-23, 7 p.m. Hill Mall

What you need to know to plan your week.  
Send events to [qc@leaderpost.com](mailto:qc@leaderpost.com)

1880 Saskatchewan Dr.

**CFLAA Legends Luncheon**  
on Nov. 22, noon-3 p.m., Queens-  
bury Centre, Evans Place

**Wade Among Giants**  
Canadian Football Hall of  
Fame Party, Nov. 22, 7-11 p.m.,  
Cumberland Hall, Travelodge  
Hotel, 4177 Albert St.

**3rd Freeway Grey Cup Parade**  
Nov. 23, 9:30-11:00 a.m.  
Begins at the Lethbridge  
Building, follows Albert Street  
and finishes up at Regina  
Centre Crossing

**Sparkle by JewelleryWyn**  
Jewelry sale  
Nov. 23, 10 a.m.-5 p.m.  
Cathedral Neighbourhood  
Centre, 2500 13th Ave.

**Search Tasting and Tunes**  
**Grey Cup Party**  
Hosted by U of R Alumni  
Nov. 23, 11:30 a.m.-10:30 p.m.,  
Crave, 7025 Victoria Ave.

**Scotiabank Gale — Taste of the**  
**Nebota**  
Food and entertainment  
Hosted by Brent Butt with  
performances by Diana Ryden.  
Nov. 23, 5-11:30 p.m.  
Casino Regina/Selkirk Hotel

**Countdown to Kickoff**  
Nov. 24, noon-5 p.m., Queens-  
bury Centre, Evans Place

**Practice Field Party**  
Nov. 24, 3-5 p.m.  
Musko Stadium at Taylor  
Field practice field

**Grey Cup CFL championship**  
Saskatchewan Roughriders  
vs. Hamilton Tiger-Cats. Nov.  
24, 5 p.m., Mosaic Stadium

**Annou! the Kitchen Table**  
Discussion about what a food  
system is, how it affects our  
community and more. Free  
admission. Nov. 26, 5-8 p.m.  
(seats provided) on 5-7 30  
g.m. (seats provided)  
The Aristo, 2527 13th Ave.

# GARDENING

# HORTICULTURE IN RIDER NATION

## Growing your own melonhead

By Jackie Bantle

Every year in Saskatchewan there is a strange phenomenon that occurs throughout the growing season. On hot summer days Saskans shopping at the local grocery store for a plump, refreshing watermelon (Citrullus lanatus) find the item empty.

Meanwhile, in an urban centre known for its 'pile of bones' 30,000-plus humans gather to worship green clothed men running around a grassy field chasing a brown, pointy egg-shaped object.

Most of these spectators are also dressed in green coloured clothes including green head coverings. Alas! The mystery of the mass race (Latta for 'to vomit') of watermelon is unsolved. The Citadel has thousands are sitting on the heads of Doughborders from

So instead of contributing to a greenhouse watermelon shortage for so seriously to secure your self of a supply, why not grow your own watermelon next summer? First, start with a cultivar that will mature during our growing season. Watermelon loves hot temperatures and sun. When searching for seed look for cultivars that will mature in at least 70 to 90 days.

Watermelons must be started indoors as transplants. Also remember do not take to have their roots disturbed and watermelon is no exception to the rule. Start seedlings indoors approximately two to three weeks before transplanting out in July 7 Pot Pots.

Cover the pot pots with a clear plastic. Don't water until the seeds have germinated, overly wet pot pots will cause watermelon seeds to rot. Once seedlings have emerged, uncover the pot pots and grow in a warm sunny location.

To warm up the soil, cover the soil where the watermelon seedlings will be planted with clear or green DEET (infrared transmitting or solar melting) plastic a week before



Saskans love their very own homegrown watermelon. In fact, it's one for the Labour Day Classic. PHOTO: COUNTRY MAGAZINE/IAN ROUGHSEDER AND JACKIE BANTLE

you intend to plant. Mulch may be available locally from some garden centres or through mail order companies. Besides heating up the soil, the other benefit to using mulch is to prevent weed growth and make the soil higher and moister.

For ease of irrigation, place a drip tube or soaker hose under the plastic mulch. Secure the edges of the plastic mulch with soil. Cut holes in

the plastic and transplant the watermelon seedlings into the soil after all danger of overnight frost is past (the third or fourth week in May).

Cover the transplanted seedlings with either a crop cover or clear perforated plastic tunnels. Secure all edges with soil. As soon as watermelon plants start to bloom (usually mid to late June) uncover plants to allow bees and insects to

pollinate flowers. Crop covers can be replaced after fruit set to promote warm growing conditions.

In a typical year, you will have ripe watermelon by the end of August beginning of September. The mature watermelon should produce a hollow 'thump' when tapped. Pick your first watermelon out of the patch close to game day. That way if the watermelon isn't quite ripe for

eating, you can always join the party and wear your very own locally grown Doughborder melonhead.

Bantle is a horticulturist in the Department of Plant Sciences at the University of Saskatchewan.

This column is provided each day of the Saskatchewan Press and Society (saskpress@sask.com, hortcolumn@sask.com).



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# ROD NASEWICH AND SHELDON GREEN

## Trivia fans will love Rider e-book

Did you know the Saskatchewan Roughriders are a key plot device in a John Grisham novel or that the Riders feature on episodes of TV's *Colorado*, *The Sopranos*, *The Strip*, *One and Only* and *South Park*?

Did you know a Rider began a long career in the movie business as a stunt double to the epic movie *Spaceman*?

Did you know the Riders were the winning team of record for the largest regular season crowds in CFL stadiums and Winnipeg or that there are two dozen awards and trophies awarded by Rider players?

This is just some of the history and achievement surrounding the Roughriders in their 100 years of existence that we both became fascinated with as fans of the team and residents of "Rider Nation."



Rod Nasewich (left) and Sheldon Green hold photo by Terry Abbott

started with our love of the team and residents of "Rider Nation."

Our e-book, *The Rider e-Book of Lists* contains 100 lists of statistics, trivia and tidbits on the team that

provide a different and sometimes offbeat look at the Riders as a team, organization and pop culture phenomenon.

The book expands on *The Rider Book of Lists* published by us to post them to honour the team's 100th anniversary in 2018. It has new and updated content for the 2011 season that cannot be found in any other publication.

This e-book will appeal to all generations of fans, from the casual to the statistical enthusiast.

Lists include: Great Rider nicknames, Riders on the big and little

screens, top Rider quarterbacks, running backs and receivers. Riders in politics and Riders who inspire sportsstars. Rider Grey Cup finds and lists, and things you may not know about Grouper the Gopher.

The book also features *50 Degrees of Rider Nation*, modelled after the "50 degrees of separation" concept connecting the Riders with famous people like Kevin Bacon, Oprah, JFK and Elton.

So, how many of us 100 lists that profile the team as players and fans. You'll be surprised what you never knew about Canada's favourite football team.

The Rider e-book of Lists is available online for download at [amazon.ca and ledbooks.com](http://amazon.ca and ledbooks.com)



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# WINE WORLD

#### # SWEDISH HOT SPICED WINE

### Glug glug: Wine to keep you warm during the game

By James Romanow

A friend of mine found love overseas and ended up bringing home a Swede. She was home sick her first Christmas and made mulled wine for us, a popular Swedish beverage called Glögg. Delightfully, it's pronounced 'glogg' (Gee, I wonder where they found that one!).

Combine the ingredients in a sauce pan, warm it to just below boiling, then flame the alcohol off. This leaves you with a warm tasty drink, but not particularly alcoholic, allowing for drinking throughout the festivities. (When the kids are asleep then you pull the Akavit from the freezer for shots with beer.)

Many adjust the alcohol levels by making the Glogg and adding a shot or two of brandy rum or another liquor after it has stopped. Spicing is typically cardamom, cloves and cinnamon. Ideally it's served in a mug with a cinnamon stick while hot.

If you would say, be taking your Glogg to spend three hours sitting outside to watch some nameless football game. I'd say not bothering to about 100 F and adding it to a thermos without the cinnamon. (Not that I would ever encourage anyone to drink on public. It's against the law) I'd go easy on the addition of liquor or brandy. Somebody has to drive home and your kid will be too tired.

More wine in  
Monday's paper  
or on Twitter @  
dubious



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Journal of Internal Medicine 255: 103–110

## REFERENCES

— 1 apple, chopped

— 1 orange, 1

periods and cases

— 18 pages, 18 pages

— 3 million

8. *See, e.g.,* *United States v. Gurnea*, 199 F.3d 1008, 1014 (9th Cir. 2000).

- 1 kg plastic collection bag or container

— I doubt the real name of our Henry of Wytham Ham

### Crossword/Sudoku answers

A	L	C	A	P	P	O	H	M	T	S	S	T	L
M	O	O	S	R	U	F	A	R	E	C	O	R	E
F	L	O	U	R	M	A	T	H	I	S	A	D	O
M	A	P	S	T	I	S	E	S	E	O	A	G	E
			B	A	C	K	O	F	A	T	H	R	S
I	C	H	O	K	C	O		I	R	A	F	I	S
N	O	O	N		A	S	I	F		A	N	S	
T	H	R	O	W	N		H	E	T		R	O	R
O	A	S		R	S	I	A				D	A	V
			R	E	G	O	O	R		A	N	N	O
H	I	S	P	A	N	I	C	R	O	O			
U	T	I	S			A	C	H			M	A	C
M	A	N		H	E	R	S	H	E	T	A	R	T
O	N	S		E	V	A	L		H	E	O	R	A
R	T	E		S	C	N	A		P	T	R	O	A

7	4	6	5	9	8	1	3	2
2	9	5	1	3	7	4	8	6
3	8	1	6	4	2	9	7	5
9	5	8	2	6	1	3	4	7
6	3	4	7	5	9	8	2	1
1	2	7	4	8	3	6	5	9
8	6	9	3	2	5	7	1	4
4	7	2	8	1	6	5	9	3
5	1	3	9	7	4	2	6	8

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Chen et al. • Lysine-Induced Hypertension in Mice
J. Neurosci., September 24, 2008 • 28(39):9801–9810 • 9807

1. *How much time do you spend on this task?*

# SHARPEATS

# FOOD FIT FOR FOOTBALL

## Delicious Grey Cup party food

By Jenn Sharp

Mathis wings and pasta sticks — sounds like game-day food, right?

Kick it up a notch this year at your Grey Cup party: Impress your guests with these unique and sophisticated appetizers. It's not hard to put a healthy spin on the recipes, too (just don't tell anyone — they'll never know the difference).

Pillsbury Pizza Crust is the fastest way to make the Pizza Rules but if you want to make your own whole wheat crust that works too. Pizza Rules can be stuffed with anything from veggies to ham and pineapple. Chorizo sausage and mozzarella are the best tasting in my opinion.

The Jalapeno Popper Dip tastes very similar to the deep fried buns many bars serve, but better. Sub in Greek yogurt and low fat cream cheese to make it healthier.



Jalapeno Popper Dip is best served piping hot from the oven with a side of cornbread or baguette. *QC PHOTO BY JENN SHARP*  
*FOOD STYLING BY LAURA SUNDHIN*

### Jalapeno Popper Dip

#### INGREDIENTS:

- 1 cup sour cream (for Greek yogurt)
- 1 cup cream cheese
- 1 to 2 tbsp. finely chopped jalapenos (more if you like it hot)
- 700 ml. non-ripened green chiles
- 2 tbsp. grated mozzarella
- breadcrumbs (optional)
- Parsnips (or any other cheese you like)

#### METHOD:

1. Preheat oven to 300°F
2. Mix all of the above ingredients together (and don't touch your eyes after you eat those jalapenos)

3. If you like, add a thin layer of breadcrumbs to the top before baking.
4. Put dip in an oven safe bowl and bake for 30 to 35 minutes.
5. For an extra element in the dip, spread thinly sliced, parmesan layers of Parmesan cheese on a wax coated cookie sheet. Bake for about 10 minutes or until cheese begins to brown and bubble.
6. Garnish dip with a few pears and parmesan crigs. Serve with cornbread or bread baguette for dipping.



Pizza bites are stuffed with chorizo sausage and mozzarella cheese. Serve with cornbread sauce for dipping. *QC PHOTO BY JENN SHARP*  
*FOOD STYLING BY LAURA SUNDHIN*

### Pizza Bites

#### INGREDIENTS:

- 1 tube Pillsbury Pizza Crust
- 300 grams chorizo sausage
- 250 grams mozzarella cheese
- 1 tsp. olive oil
- 1 to 2 tbsp. Italian seasoning, basil or parsley
- 1 small jar cornbread or pizza sauce

#### METHOD:

1. Preheat oven to 300°F
  2. Cut small (thumb nail sized) chunks of sausage and slightly smaller pieces of cheese.
  3. Tear off a small piece of dough. Place a piece of sausage and cheese in middle of dough and close edges to form a round pocket. If the dough is too thin in spots, you need a larger piece.
  4. Place the individual bites close together in an oven safe dish.
  5. Brush the top with olive oil, sprinkle with herbs.
  6. Bake for about 20 minutes or just until the edges of the dough begin to brown.
- Serve with cornbread sauce for dipping.



Your Grey Cup party will be a hit with these dishes. *QC PHOTO BY JENN SHARP*  
*FOOD STYLING BY LAURA SUNDHIN*

## Grey Cup Week, Nov. 20 to 24

GREY CUP PARTY IN A BREWERY:

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The week kicks off with Bushwacker's release of brewer Jason Carlsberg's Three Down Pilsner, a corn-based beer, which was the gold medal winner at a 2009 national amateur brewers competition. The 268 bottles of this limited edition beer, complete with an original label commissioned by local artist

David de Lott, will be released on Nov. 23 at 11 a.m. One on the Bolder home game burger (made from locally produced beef and other meats) and a gift special for \$14.99 (free a delicious CFL-inspired butter every day of the week. On Grey Cup Sunday, the burgers offered will represent the two winning teams. A football-themed Chocolate Malted Chocolate made with Bushwacker beer is also available.

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January 5, 2013

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All children's announcements featuring babies born during the past year will be published on Tuesday, December 31, 2013. This feature will also be posted online at [LeaderPost.com](http://LeaderPost.com) for all your family and friends to access.

This feature has proven to be a favorite of our readers and a great keepsake. You can be one of the proud parents or grandparents to list near the newest member of your family.

Complete the attached form, include a clear picture of your baby and preparation of your announcement for:

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